

Dialog NEWS

SUMMER EMPLOYMENT STILL EXISTS

As the school year comes to an end, many of you will panic at the prospect of finding employment. Suddenly, your days are free and your bank account is empty. How will you pay the rent and put food in the fridge? It seems like the recession has swallowed the job market and you will be forced to pick from the stale crumbs left behind. Do not fret, amongst the pile of rubble is a meal of opportunity waiting to be gobbled up.

If you've got a hearty appetite for independence, responsibility and success, then the Student Venture loan is for you. The program, arranged through the Ontario Ministry of Economic Development and Trade, the Royal Bank of Canada and the Ontario Chamber of Commerce and its local members, is available to students who wish to create and operate their own summer businesses.

From day camps to computerized drafting, student entrepreneurs have started numerous summer businesses with the aid of a Student Venture loan. To be eligible for

the program, you must be 15 - 29 years of age and returning to school in September. All participants must be Canadian citizens or have landed immigrant status.

The loan is interest free from April 1 to September 30. From there on, interest is charged on any outstanding amount and the deadline for repaying the loan in full, is December 31. To apply to the program, pick up an application at the local Chamber of Commerce, Business Self - Help Office, Canada Employment Centre for Students or a Royal Bank Business Banking Centre.

This is your opportunity to be your own boss and transform one of your dreams into reality. In 1994, 672 students took the plunge and opened their own summer businesses. This year, it could be you.

If running your own business feels like too big a hurdle to leap, then why not take a smaller jump into public service. The Summer Experience Program provides training and employment in areas of office administration, agriculture, health, forestry and administration of justice and law enforcement. All positions in the Ontario Public Service last between six and eighteen weeks and partici-

pants are paid minimum wage.

Applicants of the Summer Experience Program must be between the ages of 15 - 24 years old (up to 29 for persons with disabilities), an Ontario resident and eligible to work in Canada. All those interested in the program are encouraged to telephone the Ontario Training and Adjustment Board at 1 - 800 - 387 - 5656 or Jobs Ontario Summer Employment at 1 - 800 - 387 - 0777.

Thanks to the Summer Experience Program, students are able to apply some of the skills learned throughout the school year. The textbook theory comes alive when put into practice, providing students with an education unavailable in classrooms. In addition, students are able to include this experience on their resume, increasing their opportunities for future employment with other agencies of a similar nature. Wouldn't you like the same opportunity?

Perhaps not. For some students, being chained to a desk for an entire summer is more of a nightmare than a stroke of luck. The mere thought conjures up appalling images of harsh fluorescent lighting, offices devoid of windows and the incessant

tapping of fingers on a computer key board. If you feel trapped in a corporate environment, why not seek employment with the Environmental Youth Corps (EYC).

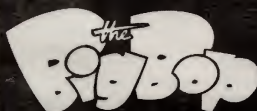
The EYC funds public sector and non - profit companies who employ youth to work on projects designed to sustain Ontario's environment. From testing pollution levels to producing videos about low - impact camping, students earn money and gain experience in a variety of environmentally oriented jobs.

Students who are between the ages of 15 and 24 (or up to 29 for people with disabilities) and authorized to work in Canada are eligible for the program. To receive an application and an approved project list, telephone the The Environmental Youth Corps information line at (416) 314 - 5906.

Since the first year of the program in 1988, more than 23,000 students have been placed with environmentally concerned companies, where the traditional office setting is replaced by provincial parks and trout lakes. So, if you long to trade your

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EVERY FRIDAY THE LEGENDARY BIG BOP



Proudly Presents FREE FRIDAYS

D.J. Mark M.
with New Dance and House
on the Third Floor

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Complimentary Admission all night long
with "GBC" ID. Private Bar from 8:30-
10:30 pm \$2.00 Beverages all night long
Plus Prizes and Surprises, and giveaways
throughout the evening.

The Big Bop 651 Queen Street West
SouthEast corner of Queen and Bathurst
(416) 366-6699

AMA Acknowledged

On April 6th through 8th, 13 enthusiastic marketing Club members represented George Brown College at the American Marketing Association International Colleges Conference, in New Orleans. This was held at the Hyatt Regency Hotel, where 135 universities and colleges had converged for the Annual conference.

The AMA chapter of George Brown, entered into two events; head to head exhibit competition, and the Annual Report competition.

After a long trip down, the students were raring to go. They arrived in New Orleans a day before the competition for a good night's sleep. On Thursday, all students set up an extremely attractive exhibit, which drew plenty of attention and admiration, especially the CN tower structure with it's lighting and decor. That night the judging of the exhibits took place. All who came enjoyed the event. After the exhibits the competition participants rewarded themselves with some celebration along Bourbon Street, "adapting" to the local culture.

The next day, the members attended the seminars of their interest, relating to the marketing profession and AMA chapter activities. A delicious Awards luncheon was held at noon that day, and the GBC marketing club was awarded the Best Overall Exhibit Award. After the luncheon students returned to the seminars. That night we sampled some more of what New Orleans had to offer.



Saturday night was the final awards banquet where GBC students were presented with another award. This award was for excelling in fund-raising events. The awards banquet marked the completion of the conference. GBC students went out for one final night of celebration before they returned home.

The AMA George Brown Marketing club would like to extend special thanks to our professor and fellow students for their courtesy and understanding, as well as Dean Ross, the Student Association, and Beneficial Canada (our official Sponsor) for their sponsorship.

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The opinions expressed in the Dialog are not necessarily those of the Dialog, Student Association or George Brown College.

G.B.C. NEWS

Summer Employment still Exists cont'd

business suit in for a pair of khaki shorts and a sweat shirt, contact the Environmental Youth Corps and add your name to a list of happy, employed students this summer.

Government funded programs are not the only resources available to students. Private employment agencies, who hire staff for tons of unsolicited positions in the Toronto area, often welcome applications from students.

Finding an agency is simple. In the local yellow pages, under the headings Employment Contractors and Employment Agencies, are listings of companies specializing in placing individuals like yourself. The trick is selecting an agency that is suitable for you.

Most of the advertisements list the type of positions and services available to staff. The jobs range from technical support to advertising account managers and almost all of the agencies offer free seminars on typing and word processing.

The agency acts as an applicant screening service for companies who do not wish to be bombarded by hundreds of phone calls and resumes. Instead, the agency screens people on a daily basis and builds up an employee bank. When a position becomes available, an agency representative enters its formal title into a computer and presto! A list of prospective employees appears on the screen. The representative then telephones the people on the roster and arranges an interview between those people and the employer.

It sounds simple, right? Wrong. The agency is paid a fee for every person they place and an additional commission is usually paid for every week the person is with the company. So, in effect, you are working for the agency not the company itself. In fact, most of the agencies are responsible for issuing em-

ployee paychecks, reprimands and the dreaded pink slips. These procedures occasionally present problems for the employees.

A small degree of tension or detachment tends to pervade the relationship between the employees and their superiors because the latter is discouraged from directly scolding or praising the staff. Personal interaction is therefore, limited within the company.

Using an agency does have its advantages. The responsibility of looking for work is transferred from you to your representative. No more want ads and cold calling, no more pounding the pavement and knocking on doors. It is the agency's obligation to get you interviews.

Your representative not only looks for work for you, he/she must also accompany you to meetings with prospective employers. Some of the nervous tension present during first interviews is eliminated because you have an ally in the room. He/she is there to support you and profess your competence. If you stumble over a question, the representative is there to pick you up and dust you off.

Employment agencies have access to an abundance of unadvertised jobs. If you are tired of searching aimlessly for a position, why not let a trained human resource counselor do the digging for you?

Searching for summer employment can be stressful and tedious, but it doesn't have to be. Although the doors to employment appear barred, with a little prodding they swing wide open. Attractive positions still exist within the Canadian job market and the percentage of availability is higher than most of us are aware. Instead of wasting valuable energy worrying about how you're going to get a summer job, get out there and start looking. You may be surprised by the result of your efforts Good luck!

The sunken living room resembled a photograph out of Better Country Living. The furniture was a potluck of wood, leather and course fabric. Although distinctly different in style and colour, it matched in the same odd way patches of scrap fabric do on a quilt. The big couch pulled out into a queen sized bed and slept two comfortably. A large television set equipped with Sega Genesis and game cartridges was located between the living and dining room. Initially, its location seemed completely impractical. It wasn't until the end of the trip that I realized the reason for its whereabouts. We didn't use the television. It was like the bookcase, part of the decor but hardly an asset on its own. The wood burning fire place was modern, as was the brass poker set and log basket that rested

on each side of the blaze. When in use however, it's bright flames and heat made us feel as if we were as far removed from the city and our school work as humanly possible.

The floor to ceiling windows in the dining room provided a superb view of the Happy Valley ski run. While seated at the solid pine table, we were able to watch skiers dash down the trail as we ate our breakfast.

An open concept kitchen was located next to the dining room. It was equipped with all of the modern conveniences we longed for at home but could not afford. There was a dishwasher, a microwave, a toaster, coffee maker, electric kettle, kitchen utensils, dishes, juice and pop glasses, wine glasses, sniffers and coffee mugs. Underneath the counter we found pots and pans, casserole dishes and pasta plates. A breakfast counter with matching stools made a snack quick and easy.

The downstairs bedroom was situated next to the front foyer. Inside, were two single beds framed in finished pine, matching night side tables, a chest of drawers, closet and matching wall to wall carpet. Thick drapes hung over the windows and prevented any sunlight from disturbing those who wished to sleep late into the day.

Across the hall from the bedroom was the downstairs washroom. The three piece unit was decorated in a warm shade of rose, with matching bath and finger towels.

We affectionately named the upstairs bedroom the "Honeymoon Suite" because of it's size and grandeur. The room was elaborately furnished in cottage kitsch. The frame of the king sized bed was constructed out of pine and little flowers were carved into the wood. The large dresser matched the bed frame like the green and pink floral curtains matched the bedspread and skirt. Tall brass candlesticks rested upon the chest of drawers, next to the alarm clock and telephone. The master bathroom had two sinks, lots of counter space, a long mirror and a large jacuzzi. Although my guest and I occupied the suite for the weekend, my friends took advantage of the soothing tub far more than we.

The chalet was everything we had longed for. It provided us with the luxury we had denied ourselves all year long and at a time when we so desperately needed it. At approximately \$169.00 per night or \$78.10 per person for the weekend, it was an affordable way to spoil ourselves.

At Blue Mountain, extravagance is an accepted part of daily life. If guests do not want to cook during their stay, they are welcome to dine at The Pottery or grab a hearty snack at the Monterra Pavillion. Although we did most of our own cooking in the chalet, my friends and I did partake in the Inn's Sunday brunch. Donning a tall, white chef's hat and crisp white uniform, cooks prepared fresh made - to order omelettes and

Purple Monkey

Recycled Clothing

Nicely broken in

Jeans \$6.99-9.99

Jean Jackets \$9.99

Mens shirts \$4.99

482 Parliament

(416) 963 - 9063

p.s. We do psychic readings

Belgian waffles, while others refilled large heated serving bins with bacon, sausages, eggs, french toast, and home fries. Another table was stocked with cereal, muffins, croissants, bagels, bread, fruit, juice and milk. It was a feast fit for a king.

The facilities at Blue Mountain are as impressive as the restaurants and the accommodations.

There are thirty - three runs and fifteen lifts in operation during the winter season. The beginner lifts and runs are clearly labelled and are separated from other runs where necessary. Ski clinics and beginner packages are available at the Rental Shop for a surprisingly low rate of \$15.00 + tax (clinic) - \$65.00 + tax (approximate cost of beginner package, rate changes at different times of the day). The beginner pack includes unlimited use of all beginner hills and lifts, a ski clinic and equipment rental. Snowboarding packages are available for a slightly higher price.

Sports involving snow are not the only worthwhile activities offered at Blue Mountain. For those interested in fitness, the resort has an indoor and outdoor swimming pool, exercise room and squash, racquetball and tennis courts. Guests seeking relaxation can lounge on Blue Mountain's private beach, or take a stroll through the beautiful grounds. The Slide Ride and huge waterslides are favourite summer attractions. There is something for everyone at Blue Mountain.

One of the most popular events at the resort is Saturday night at Jozo's. This little bar located within the main building, packs it in every weekend thanks to a live band and a spirited crowd. During the winter season, a line up usually begins around 8:30 P.M. and remains consistent throughout the night. The tiny dance floor packs tighter than a hand rolled cigarette, with barely enough room to breathe. Yet the crowd tends to remain good natured and jovial. It almost seems like the mountain sucks the hostility out of people. Maybe it's the cleaner air or the lack of traffic - whatever it is, it has a positive effect on everyone.

My friends and I returned home after the weekend looking visibly refreshed and we approached our jobs and upcoming exams with renewed enthusiasm. We needed the break to put things into perspective

Continued on next page.....

LAPPING IN LUXURY

In the early part of March, five friends and I packed our suitcases and trekked to Blue Mountain for a weekend of luxury and fun. After a grueling seven and a half months of studying and working, we longed to trade in our backpacks and cramped urban apartments for a mountain side chalet, maid service and a jacuzzi.

Officially referred to as a two bedroom condominium, our accommodations resembled a modern two - level chalet. We dumped our bags in the large front foyer, put our skis on the indoor ski rack and went exploring.

G.B.C NEWS

Student Life Update

by: Franky Chernin

I want to congratulate the new Student Leaders on their very successful Leadership Retreat. A group of Student Affairs staff, including our Director, Susan Stylianos, our new V.P. Academic Maureen Callahan and President Rankin went up to Kempenfelt on Saturday and joined the group. We were all impressed with the team spirit and the amount of work they accomplished.

The campaign speeches buy the campus V.P.'s and the Board of Directors positions all showed a real awareness of the issues and commitment to working together. Your new president, Michelle Sliz brings to the SA a positive spirit, experience in student leadership at Sheridan College and with OCCSPA. Your new Leaders are enthusiastic and ready to start working to make the 1995 - 96 academic year the best ever.

Before I wish you all a great summer, I would like to tell you about my new role. My new title is Student Success Coordinator. As well as continuing as Orientation Coordinator and Advocate for students, I will be working on retention strategies and with ongoing projects in the Nursing Department and the Faculty of Science and Technology. I will continue to support the existing Student Representative Councils and work with other divisions and departments to set up Student Rep Councils. I will be working with the City of York Board of Education, Humber College, and The Attorney General's Office in expanding our High School Leadership Training Program.

At the request of many students and faculty, I will begin work on developing a course on leadership and one on Student Success. If you have suggestions or comments, please call me at 867-2674. The Student Life role, and the accompanying liaison with the SA will be taken over by Alex Barbier, the Manager of Athletics and Student Life. As part of our re-organization in Student Affairs, Counselling and Career Services will be amalgamated, and Mary Kennard will become the Manager of Alumni Services.

We look forward to an exciting year. See you at orientation!

Lapping in Luxury Cont'd

for us. We work hard all year in order to better our lives, but every once in a while we need to stop and appreciate what we have now - like good friends, happiness, our health and youth. Where are you going after exams?

THE STRUGGLING STUDENT'S

by: Elisha Wagman

Essential Relaxation Plan

We labour, we play, we fret, we hustle. Sometimes, as students, we try so hard to do so many disparate things that we neglect some of the most important - like making sure that we take time for ourselves. An example? Stress relief. Winnipeg relaxation therapist Robyn Faye says that many students dismiss the notion of relaxation as a frivolous waste of valuable time.

No matter what your circumstances, it's important to ensure your mind and body get a break from tension. While taking time for yourself may look like a waste of precious time, your body and mind are better able to function when they are afforded this necessity. That doesn't have to mean hours spent in meditative workshops or expensive visits to a trendy spa. But it does mean allocating a small portion of your day to the art of relaxation. And it's worth it too - you'll feel better, look better, and remain healthy.

To help you get started, we've provided a quick routine for a busy day, that you can use as a model. Good luck!

THE TERRIFIC TEN

Students need to ensure that they're taking enough time for themselves and these ten easy steps can help them make the most of that time.

1. **STRIP** - After a long, hard day at school, shed your clothes and nuzzle into a plush Terry - cloth robe.

2. **SCENTED BATH** - Run a hot bath and scent it with aromatherapy bath beads, designed to soothe both the body and the mind (available at the Body Shop, .30 c each).

3. **REERESHING BEVERAGE** - While the tub is filling, stroll into the kitchen and select a cool beverage of your choice like a glass of white wine, caffeine free Diet Coke, or raspberry - apple juice. Pour the drink into a delicate crystal glass - remember, this is your time to pamper yourself

4. **CHOCOLATE** - It is amazing how luxurious a dainty piece of chocolate can feel as it slowly melts in your mouth. Stock your fridge with a small box of rich chocolate like Lady Godiva's four pack of assorted truffles (available at Eaton's, \$8.00). Select a morsel and carry it along with the beverage into the bathroom.

5. **CANDLES** - After tolerating a harsh day of fluorescent lighting, treat yourself to the soft subtle glow of candlelight. Line the edge of the bathtub with lit, scented or unscented candles of various shapes and sizes.

6. **MUSIC** - The bathtub is full and aromatic and your favorite drink rests on the ledge along side an appetizing chocolate nugget. What is missing? Music. Plug a small portable cassette or disk player into an outlet on the opposite side of the bathroom (safety precaution) and tune into the seasons of Vivaldi, or the warm raspy voice of Cole Porter.

7. **SOAK** - In almost no time at all, your home has been magically transformed into a luxurious spa. Climb

into the bathtub and savour your surroundings. Soak until the nagging tensions of the day disappear and a new calmness pervades your mind and body. To ensure privacy, lock the door and ignore all interruptions. Others will soon get the hint that you want to be alone when you don't respond. This is your private time - don't let anyone spoil it for you!

8. **LOTION** - After gently patting yourself dry, smear a rich lotion all over your body. Then, take a few minutes to rub the cream into your skin and to lightly massage tender stress areas like the back and sides of your neck.

9. **FACIAL MIST** - Salon facials and masks should be reserved for weekends and holidays when you have more time. For an everyday pick-me-up, try Evian's atomizer (available at Eaton's, 150 ml \$8.75) or a splash of Elderflower Water (available at the Body Shop, \$2.99 - 17.50). Both products refresh tired skin.

10. **PERFUME/COLOGNE** - The final step in the relaxation process is one of pure decadence. Sprinkle a few drops of your best perfume/cologne on your body's heat sensor points; your wrists, neck, the crease of your arm and the back of your knees. Let yourself drink in its pleasant aroma. Then, crawl into a baggy pair of boxer shorts and a worn t-shirt and with one last dash of extravagance spritz some of the same perfume/cologne on your comfy after school clothes - and enjoy the rest of your evening!

Famous Last Words

by: Tim Kemp, SA President

Well, here it is, my last column for the Dialog. I have been involved with this paper in various capacities for over three years now and it will seem weird to not be writing a column every month.

I spent a lot of time trying to decide what I would write in this my last column, many have asked me to explain why I did not renew my contract for next year as president, some want to know how I feel about the criticisms that has been directed at myself and the SA and some have said just say your good-byes and leave it at that.

First I will address why I did not renew my contract for next year. The answer can be stated simply, I did not feel that I was the best person for the job anymore. I have been around for over three years now and I feel I have lost the freshness and drive that is required for this job. It is a wonderful organization and there are a lot of people that I have enjoyed

working with. I will look back at the time I spent here as some of the most productive, worthwhile and satisfying that I have ever spent. It is just a simple fact that I feel that I can not adequately serve students when I am at the point where I am feeling like I have lost my sense of excitement and drive.

Some might ask if the criticisms directed at the SA and more specifically myself has been a factor in my decision. I would have to say yes as I don't think that it is possible to ignore that sort of stuff. It is, in my opinion, a difficult job to be president of a student association and it is one where you will never please everyone. But what really caught me by surprise was the way people expressed their displeasure. When people put together petitions for your removal and personally attack you in their articles, it makes it very hard to be excited about what you are doing. It also makes you question if what you are doing is the right thing. But most of all you ask yourself if it is worth it? Is it worth working 60

hours a week and weekends, is it worth trying to get new initiatives going when people are only interested in ones that will benefit themselves or their clubs, and not the student body as a whole and is it worth spending the majority of my time defending things like the cost of photocopies when I could be working on initiatives that would benefit students as a whole. I realise that these people are a small minority, but they are vocal and determined to do what they can in order to forward their agenda, be it five cent photocopies or personal vendettas against club presidents who's only crime is to want to get involved. Yes it has been hard but it does come with the job, and realising that, I think I made the right decision in not continuing.

I want to thank everyone I had the pleasure of working with this year, especially Colleen. It was a great year, we got through it and I can only hope for the best for next year.

G.B.C NEWS

LIVING LIFE ON A SHOE STRING

by: Elisha Wagman and Lisa Noble

We work hard in these times. Our days have lengthened by at least an hour and our weekends have been chopped in half. We spend most of our waking hours working or studying, which leaves us little time for play and comfort. Even during our brief time away from work or school we are occupied by family responsibilities. We should be making a fortune slaving away so many hours each week, but the sad reality is most of us are not. We earn enough money to keep ourselves afloat, with little left over for the small luxuries that make life bearable.

Yet, we are bombarded with advertising about expensive products and services designed to ease the stress of daily life and make us look and feel better about ourselves. Magazines, billboards and commercials boast of facials, nail care, hair design, unisex cosmetics and creams created to improve our appearance and boost our self esteem. Although many argue individuals should build their self image upon character instead of physical appearance, how many of us don't feel better when we look into a mirror and are greeted by an attractive, healthy appearance?

Unfortunately, many of us are infuriated by the reflection facing us each morning. We are often greeted by puffy eyes swollen by stress and fatigue, lines etched by tension and a complexion paled by lack of sunshine. We long for a renewed appearance. This is not just about the way we look, but rather about the way we feel. Our exterior is a reflection of our entire state of being - it reflects illness, exhaustion, depression, and happiness.

A trip to the hairdresser or esthetician is not a cure for anxiety, but it can temporarily remedy the physical signs of stress. It is also an opportunity to socialize with other people and be free, if only momentarily, from the strain of our daily life. In this environment we are pampered and catered to as opposed to doing for others. A visit to the salon makes us feel cared for and special and gives an extra lift to our day. When we leave, we feel better - not because of the glossy polish applied to our nails, the close shave, or the blonde streaks painted into our hair, but because we have had a chance to breathe and relax. Sure, we could try and take time for ourselves without a trip to the parlor, but it is unlikely we will succeed. If we commit ourselves to something involving another person, we are more likely to meet that obligation. We want to indulge in these little luxuries, but don't because of the hefty cost. For instance, the larger salons in the Toronto area charge anywhere from \$55.00 -

\$75.00 for a facial. With the burden of tuition, a car and housing, we can not afford to spend that kind of money on ourselves every month. What most students don't know is that most esthetic services are available at unknown salons for less than half the price of their larger competitors. With the aid of the following listings, students can afford to look and feel much better than ever before.

Hair and Esthetics

1. Bruno's School of Hair Design (416) 531 - 1151
593 Bloor St. West
Unisex Haircuts \$ 5.89 ,
Manicures \$ 3.00 , Facials \$ 3.00 - 7.00 Evening appointments are available on Wednesday and Thursday.
2. Marca Hairstyling School (416) 698 - 2558
2902 Danforth Ave. West
Unisex Haircuts \$ 6.00 - 9.00,
Hair Colouring \$ 13.00 ,
Manicures \$ 5.00
3. Marvel Beauty (416) 923 - 0991
27 Yorkville Ave.
Unisex Haircuts \$ 7.50
Esthetic services are available but pricey.
4. Nail Academy (905) 848 6245
377 Burnhamthorpe East
Manicures and Nail Tips are free
All those interested should telephone and asked to be put on a waiting list for free nail care.
5. Toronto Hairstyling School (416) 967 - 1800
282 Dundas St. East
Unisex Haircuts \$ 7.00, Facials \$5.00, Manicures \$ 5.00 , Waxing (upper lip and eye brows) \$ 4.00
Evening appointments are available on Tuesday, Wednesday and Thursday
6. Vidal Sassoon Salon (416) 920 - 1333
37 Avenue Road
Unisex Haircuts by supervised apprentices \$ 14.99

Make-Up

1. Clinique. Available at all Eaton Department Stores
A free make - up demonstration with any purchase of \$15.00 and over.
2. Estee Lauder Available at all Hudson Bay Department Stores A free 30 minute make - up lesson.

3. Lancome Available at all Hudson Bay Department Stores A free make - over with any purchase.

4. MAC Available at all Hudson Bay Department Stores A free 90 minute make - up lesson. No purchase necessary. Please bring your own mascara to avoid eye infections.

5. Visage Over 30 locations in the Toronto area, consult your local phone book for the salon in your area.

For \$ 15.00, you can join the Beauty Club which entitles you to 11 free make - up applications.

A make over is not the only affordable way to improve the quality of student life. Getting an edge on entertainment is a viable way to improve our standard of living. Movies, plays, concerts, museum and art gallery exhibits provide an escape from the drudgery of daily life while offering an educational alternative to television and video games.

The hectic student schedule leaves little time for quality interaction with friends and family members. A quick beer at Camp Zu Pub, or a coffee at the Second Cup is a typical way for us to get together and gab. Although such encounters are ingrained in student culture, it does not mean we must confine ourselves within these boundaries.

Usually, students omit the idea of attending new exhibits, performances and first run movies because of the big bite they take out of the old pocket book. We read the reviews and articles printed in NOW Magazine and sigh. We feel most of these activities are beyond our reach and dream of a time when we are employed full time and able to attend without the threat of financial disaster.

We can stop dreaming and start attending. Most of the activities students neglect to participate in due to high costs are offered at reduced rates throughout the week. With the help of the following listings, you, your family and friends can enjoy the diverse cultural events offered in the metropolitan area.

1. Art Gallery of Ontario (416) 979 - 6648 317 Dundas Ave. West
Entrance and coat check is free on Wednesday 5:00 - 10:00 P.M.
A student membership entitles you to unlimited entrance to the gallery, invitations to special exhibits, discounts at the gift shop and cafeteria, entrance to the quint members lounge, mailings every month and advance registration for classes. Fee \$30.00 per year.
2. Canadian Broadcasting Corporation (416) 205 - 3311
250 Front St.
Free tours are offered Monday - Friday at 11:00 A.M. or 3:00 P.M. You must reserve a spot as space is limited. Their museum, located downstairs in the main building is

open Monday - Friday 10:00 A.M. - 4:00 P.M. Entrance is free.

3. Canadian Stage Company (416) 368 - 3110

26 Berkley

All plays produced by the Canadian Stage Company are offered on Monday evenings for a pay - what - you - can - fee.

4. Casinos Consult the weekend Sun for locations.

Entrance to most casinos is free.

5. Cineplex Odeon Corporation (416) 323 - 6600

Various locations offer \$4.25 first run movies on Tuesday evenings Hillcrest Cinema located in Richmond Hill, offers first run movies Monday - Friday \$4.25 and Tuesdays \$2.50

6. City T.V. Breakfast Television (416) 591 - 5757

299 Queen St.

Tickets to the show are free. Call the above number for details.

7. Dance Consult NOW Magazine for listings.

Most dance performances held at Harbourfront are free of charge. As the group and performances change daily, check NOW 's What's Happening section for details.

8. Factory Theatre Lab (416) 504 - 9971

125 Bathurst St.

All plays produced by the Factory Theatre Lab are half price on Sunday

9. Famous Player

Various locations offer matinees

Sheridan North York Cinema offers first run movies Monday - Friday \$4.25 and Tuesdays \$2.00

Trying to balance studying, finances, family and a social life can take a toll on our mental and physical well being. Every once in a while we need a break, a chance to temporarily forget the struggles we face everyday. A trip to the salon or an afternoon at the theatre won't make your problems go away, but it will give you an opportunity to breathe and recoup your strength. Look for the continuation of Living Life On A Shoe String in September's issue of the Dialogue. Until then, have a safe and wonderful summer!

Hospitality NEWS

CLUB NEWS

by: Denise Coward

Hospitality Club President

It's official, as of May 7, 1995, I am no longer President of the Hospitality club. It has been an interesting year with lots of changes and hopefully some improvements. This year we had over 120 members, the largest in the history of the GBC Junior Branch, and recently we have

The Club raised money through knife engraving, barbecues and special events. Thank you to everyone who contributed to these fund-raisers.

The CFSEA National Conference is fast approaching. The Conference, being held at Whistler in June, offers students a chance to meet other Junior and Senior Branch



Left to Right: Andrea, Denise, Andrew, Kim. Hospitality Club 1994-95 executive. Smiling because it is almost over

been adding members for next year.

Out of the registered members, we have many active members that have contributed to the success of The Club. On April 19, 1995 we had a Hospitality Club Appreciation Night at Siegfried's. The club hosted a dinner for 20 people and gave each member a certificate for his or her involvement.

The last CFSEA Senior Branch meeting of the school year will be May 8, 1995, at the Islington Golf and Country Club. If you would like to attend the meeting, please contact Denise or Jay in Room 254 by May 5 at 12:00 p.m.

The CFSEA Junior Branch Award Dinner was held April 10, 1995. There were three award winners from George Brown College. They were:

Garth Pretty - Burgess Memorial Scholarship

Kim Asher - CFSEA Award

Denise Coward - Nestle Gold Plate Award

During the dinner, the Hospitality Club donated \$500.00 to the We Care, Easter Seals Fund. The Fund is used to benefit physically-challenged people in the Hospitality Industry.

members from across the country. The seminars and meetings will provide valuable information for the new executive returning in the fall. Updates from the conference will be available when classes start in September.

To end my last official Club News as President, I would like to thank everyone who helped us during the year. The Junior Branch has become an important part of student life at The Hospitality Centre and hopefully that will continue next year. If The Club has enhanced even one persons experience at GBC, then I feel my time was well spent.

Good luck to all graduating members. Try to maintain your membership with the CFSEA Senior Branch after you leave school. If you need information, please contact Professor Barbara Dunlop at The Hospitality Centre. Returning Students, I hope you stay involved with The Club next year. Attend all the events you can, you never know where it might lead. Make the best of your time here, meet as many people as you can and learn anything you can from industry events. I really believe it will pay off in the long run. Good Luck with your courses and job experience. I hope you find what you're looking for!

Upcoming Hospitality Events

May 3 - Chef Instructor David Wolfman is giving an Aboriginal Cuisine Demo Room 112 at 12:00 p.m.

May 5, 6 and 7 - Good Food Festival at The Automotive Building, Exhibition Place

Some \$1.00 off coupons are available in Room 254

May 7 - Volunteers are needed to assist judges at The Fine Food Show. Sign-up sheet and info available in Room 254

May 15 - Last day to hand in OHI award applications

May 28, 29 and 30 - Canadian Fine Food Show. Volunteers needed, sign up in Room 254. Volunteers get in free the day of their shift.

Various dates in May - Fashion Cares is looking for volunteers. See the job board for info.

Recipes

Now that the weather is getting warmer, we will be making easy, light meals and grilling whatever we can on the barbecue. Keeping that in mind, here are a couple of spring time recipes suitable for any sunny afternoon.

Grilled Vegetable Skewers

Marinade:

4 oz. Rice wine vinegar

8 oz. Vegetable oil

1 oz. Garlic, chopped

2 tsp. Dried thyme

Salt

Pepper

Various vegetables cut or broken into 1 inch pieces

Skewers, soaked in water

Combine marinade ingredients, set aside. Blanch vegetables that require pre-cooking. Combine the vegetables and the marinade. Marinate for 30-45 mins. and drain well. Alternate the vegetables on skewers and place on a hot grill until brown and tender. Turn skewers as needed. Serve hot.

Tomato Mozzarella Salad

2 tomatoes

125g fresh mozzarella cheese

2 tbsp. olive oil

1 tbsp. white wine vinegar

Fresh basil

Slice tomatoes and cheese in thin pieces. Arrange tomatoes on half of plate and mozzarella on the other half. Mix oil, vinegar and basil together and sprinkle on salad.

Hospitality NEWS

Jacques Pepin visits The Hospitality Centre

On Monday, April 3, 1995, Jacques Pepin spoke to students and people from the Industry at George Brown College Hospitality Centre. Chef Pepin has cooked for French Presidents, cooked in the best New York restaurants and now has his



above: Dean Cooper presents Jacques Pepin with an honorary alumni certificate.

own TV show on PBS. He is also the author of fifteen cookbooks including the new "Simple and Healthy Cooking".

Jacques Pepin demonstrated various techniques which he believes should be mastered by any Chef-in-training. He advised graduating students to take any job that comes up and not to wait for the perfect one. He stated that to become a craftsperson you have to be able to work fast and to learn from observing various techniques. After 8 to 10 years when you become a Chef you can do what you want.

Chef Pepin's latest book focuses on creating fat-reduced dishes that have excellent flavour and quality. The book is simple, well-explained and is a good book for anyone interested in healthy eating.

A Day in the Life of a Sales Manager

by Shirley Lapiere

To be successful at any job I believe there are four key ingredients: training, skills, common sense and practical experience. The programs here at GBC are providing the training, which we as individuals can develop into skills to apply in the industry.

Practical experience, when entering a new career field, is probably one of the most valuable aspects of our educational process. Thanks to Professor Sue Brown and her involvement with C.H.M.S.E. (Canadian Hotel Marketing and Sales Executives) some students, including myself, were able to participate in "A Day in the Life of a Sales Manager." Through Sue's efforts in arranging this venture, I was fortunate to be assigned to the International Plaza Hotel and Conference Centre on

Student Involvement Looks Promising for New Year

As of May 24, 1995, the new executive of the Hospitality Club will be comfortably settled in Room 254. The new Executive will be as follows:

Jay Nadeau - President
Cathie Sullivan - Vice-President
Eyrann Kagan - Treasurer
Tania Corbeil - Marketing Director
Michelle Charness - Office Manager

The executive will be in the school at various times throughout the summer and they will get to know everyone during orientation in September. If you have any questions or concerns about The Club, please contact an executive member at 867-2244.

Sharing the office with the Hospitality Club are other groups of people you should get to know. The Junior Escoffier Society, the Student Association Hospitality Student Leaders, and the new Vice-President of Hospitality.

The new Junior Executives for 1995/96 are:

Gurth Pretty - President
Rennet Wong - Vice-President
Stephanie Kelford - Programming Director
Kathryn Maxfield - Public Relations Director
Sean Moore - Secretary
Paul Marian-Szekula - Treasurer

The Student Association VP of Hospitality is Kirk Hickling. The new

Student Leaders are Gina McKenzie and Michelle Charness.

Next year is shaping up to be a very promising one with strong leadership and enthusiastic ideas. Your new VP of Hospitality is a graduating Culinary Management student who is returning to study a post-diploma program. Kirk has always been interested in the Student Association and is very committed to representing our interests within the SA. He has had experience in other leadership roles outside the college and I am sure he will be a strong voice for Hospitality students in the year to come. Our other Student Leaders will be returning second year students and they have shown a great deal of commitment to making the relationship between the SA and the Hospitality Division even stronger.

The people in the office (Room 254) are working for you and are concerned with your opinions. If you want to offer suggestions or you just want to find out what is going on around the school, please drop by Room 254 and take advantage of the services offered.

On a final note, the efforts of our Hospitality Student Leaders in 1994/95 should not go unmentioned. Kim and Christine worked diligently to keep us informed and represent our interests with the Student Association. The relationship formed between the SA and Hospitality has been strengthened over the last year and their commitment has given the new representatives a good place to start. Thanks for your dedication, it has not gone unnoticed.

Dixon Road.

Georgina Salaverri, Director of Sales and Marketing, arranged for me to work with her Sales Managers. The day proved to be a valuable experience, not only from the perspective of the information that was shared, but also from observing the positive interactions of team members in their work environment.

The morning and afternoon were spent respectively with Debbie Hastings and Dorothy Martin, Sales Managers who explained the details of their jobs and their interactions within the sales department. Also, I met with several individuals in various roles in the Sales Department to gain a perspective of the various functions that make this department successful. All the people I met were extremely generous and took time from their jobs to talk to me. I felt as if I were in a real life training scenario and was part of a motivated, enthusiastic sales team.

Not only was the day a benefit from the point of learning about a sales department, but the encouragement and support regarding my own personal skill level was very advantageous. While I had not previously seriously considered sales as an area of interest, the experience gave me a new outlook on career possibilities.

Spending a day in a practical training environment is something I would recommend to everyone. You may have specific goals in mind or you may not have decided what job you want to pursue. In any case, it will benefit you to seek out all of your options. If you are open to learning and observing, chances are you will discover something of value and interest that you may have not considered. This could decide and shape your future.

My Final Thoughts (Do's and Dont's)

by Richard Scott

During the two years I attended school at the Hospitality Centre, I have submitted many articles to the Dialog. Some have brought smiles to many faces and frowns to others. I feel we must write articles to improve things and I write so that other people may ask questions and demand answers. All to often people that attend college do so with little vigor, they arrive at 9:00 a.m. and leave at 5:00 p.m. with little spirit or enthusiasm. My time here is done, it is time to move on. I have learned that I do not want to cook for the rest of my life and that lesson was worth every penny. I leave for the returning students the Do's and Dont's of this semi-famous institution.

DO adjust the classroom temperature upon entering

DO enjoy the military video, it will be the best laugh all year

DO park in the underground at Sherbourne and Richmond, its cheap
DON'T eat anything produced by Versa Food

DON'T garnish anything

DO ignore the "No drink or food" signs in the classrooms, everyone else does

DO enjoy the "Zoo-like" feeling when the tour groups arrive

DO go to McDonalds at King/Yonge, sit on the second floor, look westward

DO watch Mr. Nolte wash his own dishes, he is the only one that does

DO get Sawdny for SQF, he is a great Chef/Teacher/Life Advisor

DO get a computer tutor right away

DON'T buy the text book until class begins, you won't use them

DO stick around for Wine class, a.k.a. "The life and times of Jacques Marie"

DO make the best of your time here, your attitude makes all the difference

The Hospitality Club would like to thank the Faculty, Support Staff and Administration of the Hospitality Centre for their support over the past year. Your contribution was greatly appreciated.

Huskies Sports UPDATE

Varsity Athletics

ATHLETIC BANQUET

Another school year has passed, and so has another fantastic Athletic Banquet. To recap, this year's banquet proved to be a very memorable one, since it marked the 20th Anniversary of the George Brown's first ever Men's National Basketball Championship in 1974-75. Members of this team traveled as far away as Kentucky and Connecticut to celebrate the festivities on this special night. A many as ten members of the championship team.

Over 200 people consisting of Staff, Alumni, and Coaches gathered to acknowledge both the Varsity and Intramural athletes for their dedication and hard work throughout the school year.

Special thanks to the coaches for their much appreciated effort and devoted time to their respective athletic programs. Also thanks to the staff of the Athletic Department for making this annual event such a success.



VARSITY MVP WINNERS

Touch Football- Paul Simmonds
Men's Volleyball- Bradley Thorpe
Women's Volleyball- Vicki Fraser
Men's Basketball- Gad Perimutter
Women's Basketball- Sandrise James
Men's Soccer- Sheldon Smith
Women's Soccer- Maria Gothard
Men's Indoor Soccer- Jeff Phillips
Women's Indoor Soccer
- Angela Baldassare
Skiing- Mitch McDermid
Badminton- Sandy Hustler
Rugby- James McVicar

O.C.A.A.

MEDAL WINNERS 94/95

Skiing- Mitch McDermid
- Gold medal slalom
- Silver medal G. slalom
- Gold medal overall
Badminton- Sandy Hustler
- Bronze medal

OVERALL PARTICIPATION AWARD

Casa Loma - Triggers
St. James - H.R.M.
The Triggers a 2nd. yr. Civil Eng. class and H.R.M. a 1st. yr. Business class did not only accomplish victory on the playing field, but as a class their commitment and leadership skills were superior to all other classes who participated this year.

Special Recognition

Outstanding Service
Part time Staff - Enrico Rayo,
Donald Kan Transportation Department
Truman Caverley - Financial Department,
Account payable
Student Association President - Tim Kemp

INTRAMURAL

ICE HOCKEY

The 4th place league finishers the Whalers and 3rd. place Jets met in the championship series which was a 2 out 3. The Jets won the opening game 15-6, but the determined Whalers came back to defeat the Jets in the following games 6-3 and 7-2 respectively, thus winning this year's Championships. The league scoring title was shared by Luc Deroches & Scott Carscadden who ended up with 47 pts. over the 19 game schedule.



1994-95 ATHLETES OF THE YEAR

From left to right Mitch McDermid (Male winner), Harold Faniham (Muninus), John Rankin (College President), Sandy Hustler (Female winner).

INDOOR SOCCER

The Triggers from Casa Loma and A"N"A from St. James met in the Campus wide championships at Casa Loma on April 12. In a hard fought and well played game, St. James equalized in the dying seconds to send the game into overtime. When all the dust had settled St. James emerged as champions with a 5-4 victory.

Extramural Basketball

Two teams represented Casa Loma and St. James at the Annual Sheridan Extramural Basketball Tournament on April 7, 8 /95. The teams were selected from our Intramural Basketball League and they competed against Sheridan, Humber Georgian and Conestoga. Casa Loma had a record of 2 wins 1 tie and 4 losses placing 6th while St. James were 4th with 3 wins 1 tie and 3 losses. St. James played in the semi-final against Humber and lost a close game 31-23.

Thanks to all those who participated and reports were that they learned and experienced a lot while having fun.

SPRING HIGH SCHOOL BASKETBALL

It is spring again, thus the 7th Annual George Brown College Spring League is commencing with 160 high school players registered. This developmental program is run every Wednesday, Thursday and Saturday starting May 3 until Mid July. The seniors (17 & over) play Wed. at 5:15 pm & 7:15pm. The juniors (17 & under) begin Saturday, May 6 at 10am til 4pm.



Huskies Participation Awards Program

Congrats go out to Margaret Eves a student in the Electronic desktop Composition Program, she collected 1346 pts. and Rod Donne a faculty member in the Hospitality Division, collected 1131 pts. Both Margaret and Rod accumulated enough points to receive a Huskies pen, cap, T-shirt, sweat top and sweat pants.

We encourage all students and staff to participate in the Athletic Dept. Huskies Participation Awards Program.

New League Starting

As of September 1995 their will be a new team a George Brown College. A baseball league will be formed, they will consist of 15 teams from across Canada. For those interested in being on the team practices begin the last two weeks of August. The season begins September 19, 1995 against Durham.

For more information call Alex Barbier in the Athletics Dept. at St. James campus.

UPCOMING ACTIVITIES

Casa Loma
4 on 4 Ball hockey
&
Badminton
Register now
Starting May 8

ARTS

THE WHO'S
Tommy

Who is Tommy?

Ed Mirvish has done it again.

Mr. Mirvish has brought another Tony award winning show to the streets of Toronto. The Who's Tommy is a spectacle of vivid colours and powerful lyrics. Tommy, the musical, stay's true to it's early 70's recording roots. The story of Tommy is one of a boy, who after his father returns from the army witnesses him kill another man, after he had an affair with his wife. At this point Tommy slips into a unconsciousness "deaf, dumb and blind kid," and people proceed to take advantage of him.

The director of Tommy, Des McAnuff a Ryerson graduate does a superb job in bringing together this large scale production. With amazing visuals and a beautifully simplistic set, the show is nothing but appealing to the eye.

A Musical Year in Review

by: Ras Eljiah

Musical tastes vary among the many Musical talent is on an upsurge and people are pretty receptive. During the year, a few new acts rose and are rising. Whereas some are around and losing (you know the blazay blazay).

From television to the train, in the bus to the club to radio, Cassette Vinyl or CD music has been perpetual in some form.

I have reviewed a few promising people namely Andru Donalds, Digable Planets, Buju Banton, Lady Saw, Redman, and Yodared from the Boggie Monsters. All are pretty positive and are on a steady rise. Mind you, there were a few disappointments. Black Sheep's effort definitely was not hard enough. Dream Warriors do get a bit of prop even though a majority may only give them a bit on the real.

On a footnot note I took in the Sam Shago Band and chafed along side Dereje Makonnen formerly of Dalou. (former backup band for Ziggy Marli) and the Melody Makers).

Also I had the opportunity to converse with legendary dub poet/dj Ras Sam Brown. Fred locks Asher and Warren Wayne receive Toronto roots awards on the Upbeat tip, but I'm giving reggae awards to Beres Hammond and Carnest Silk.

Look out for Bajan singer Supa Rueben and the koliman Congo Kat which are sending meditations of coronations. Jungle music is a new lick for Canadians, whereas in England they've been listening for years. Well so what, we have raves that bring us that old hypnotic type vibes that keeps it real as well, keeping the clubs and warehouses running rampant. Music lives and continues to be on the motion.

FINGALL, a finalist at the annual Crop-Over Calypso Monarch Competition and a top MC in the Caribbean; XROSFYAH, an accomplished seven member soca band and winner of the '94 - '95 Barbados Best Nightclub Band from The Nation Newspapers and the fresh DJ GRANDMASTER with his hot "Put Yuh Hand on de Bumper".

Come and experience the sweet rhythms of soca, calypso and raggasoca. Feel the pounding beat of R.P.B., who was in the top 20 of the ENERGY 108 Top 50 Chart and the top 10 of the CHEER DJ. POOL charts with "Ragga Ragga" last year!

Doors will be open at 8 p.m. and show time is 9 p.m. sharp.

Tickets, at \$20.00, are available from Play De Record, 357A Yonge Street, Marville Travel, 90 High Street E. in Mississauga and other outlets.

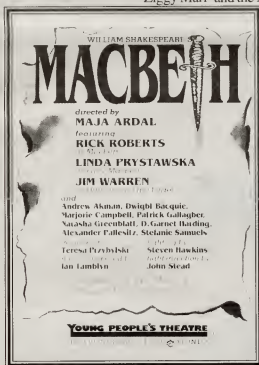
Admission is by ticket only. There will be lots of dancing room! There is very limited seating. tickets are \$25.00 at the door.

For more information call (416) 488-6656.

RED PLASTIC BAG RETURNS
TORONTO

RED PLASTIC BAG, still riding high on the popular "Ragga Ragga" and fresh from the Jamaican annual April Carnival and the 2nd annual Barbados Congaline Carnival, returns to Toronto with the smashier "One More" and other new hot tunes for the "BARBADOS PRE CROP-OVER SOCA JAM '95". The concert is on Saturday May 6th '95 at St. Lawrence Market North Hall, 92 Front St. East (at Jarvis), downtown Toronto.

Joining him will be JOHN KING, the present Calypso Monarch of Barbados; MAC



"Only had 2 or 3 drinks.
It's not like I'm a criminal or something."



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